



Roasted Pumpkin or Squash Seeds

Ingredients

One medium sized pumpkin
Salt
Extra virgin olive oil

Equipment:

Spoon to scrape seeds
Knife
Medium saucepan
Roasting pan
Thick baking sheet
Cutting board
Measuring cups (dry)
Measuring spoons
Mixing spoons -2

Directions

1. Rinse whole squash or pumpkin under cool running water.
2. Cut open the pumpkin/squash and use a strong metal spoon to scrape the insides and scoop out the seeds and strings. Place the mass of seeds in a colander and run under cool water to rinse and separate the seeds from everything else.
3. Boil pumpkin seeds in salted water for 10 min: Measure the seeds. Place the seeds in a medium saucepan. Add 2 cups of water and 1 tablespoon of salt to the pan for every half cup of seeds. Bring the salted water and seeds to a boil. Let simmer for 10 minutes. Remove from heat and drain.
4. Preheat the oven to 400°F. Coat the bottom of a roasting pan or thick baking sheet with olive oil, 1-3 teaspoons. Spread the seeds out over the roasting pan in a single layer, and toss them a bit to coat them with the oil on the pan.
5. Bake on the top rack until the seeds begin to lightly brown, 5-20 minutes, depending on the size of the seeds. Small seeds may toast in around 5 minutes or so, large pumpkin seeds may take up to 20 minutes. Keep an eye on the pumpkin seeds so they don't get over toasted. When lightly browned, remove the pan from the oven and let cool on a rack.
6. Let the seeds cool before eating. Either crack to remove the inner seed or eat whole.